



## **International Kundalini Yoga Therapy Professional Training FAQ**

The International Kundalini Yoga Therapy Professional Training is under the direction of the Guru Ram Das Center for Medicine & Humanology. This 32 month, 1,100 hour integrated training is accredited by the International Association of Yoga Therapists (IAYT) and adheres to—and surpasses—the standards they have set for Yoga Therapy Training.

The training is comprised of 13 live courses and 7 on demand courses, with additional hours in group clinical supervision, individual and group client work: personal development, individual mentoring, and 2 semesters of college level Anatomy and Physiology

**1) What are the entry requirements to attend the International Kundalini Yoga Therapy Professional Training?** You will need to have completed the Level I Kundalini Yoga Teacher training and have 200 hours of documented Kundalini Yoga teaching experience. It is possible to be accepted with less than 200 teaching hours provided you submit your plan for how you will complete them within the first year of the professional training. In addition, two semesters of college level Anatomy and Physiology must be completed either prior to application or by the end of your first year of training. Once your application has been accepted you will be contacted for an interview.

**2) Where is the training located?** The Kundalini Yoga Therapy Certification training is held online and in person in Millis, Massachusetts., Melbourne, Australia and Gottingen, Germany. Some segments of the certification training are offered in other locations in the US and in 48 countries internationally. You may take segments that are led by Guru Ram Das Center faculty anywhere you like and have these count toward completion.

Attendance for the full duration of each segment and submission of homework assignments is required to obtain a certificate of completion.

Due to Corona Virus Mandates, all courses are online through January 31, 2025

**3) Are Kundalini Yoga Level II or Level III courses required?** No. Only Level I is required.

**4) Can I transfer yoga therapy courses that I have taken in other traditions?** For course hours to be transferred, the content must match the content of the International Kundalini Yoga Therapy Professional training curriculum, set by the International Association of Yoga Therapists. Requests are reviewed on an individual basis. A maximum of 300 hours can be transferred.

**5) What about other programs that I have taken such as Superhealth or Sat Nam Rasayan, do they count towards my hours?** These are not counted because their content does not match the requirements for Yoga Therapy Training as set by the International Association of Yoga Therapists.

**6) Can I take some of the segments and not be enrolled in the full Kundalini Yoga Therapy Certification training?** Yes, introductory segments and all of the on-demand segments of the training can be completed by any KRI Level I Kundalini Yoga Teacher without enrolling to be certified. If you decide you want to complete the training to be certified as a Yoga Therapist, you can transfer courses you have taken taught by our faculty and receive a tuition credit.

**7) Will my training as a health professional in the medical community count towards some of the required hours?** For course hours to be transferred, the content must match the content of the International Kundalini Yoga Therapy Professional Training curriculum, set by the International Association of Yoga Therapists. Requests are reviewed on an individual basis. A maximum of 300 hours can be transferred.

**8) What does the group clinical supervision involve?** Group clinical supervision involves individual mentoring and group supervision where our trainees present their cases and receive reflection from peers and faculty. Group clinical supervision occurs every other month and individual mentoring occurs between the group supervision months.

**9) What will I be able to do when I have completed the training?** When you complete this professional training you will have the knowledge and skills to be certified as a Kundalini Yoga Therapist. Yoga Therapy is an emerging career in health care as part of Behavioral or Lifestyle Medicine. You will have developed the ability and expertise to teach Kundalini Yoga, safely and effectively, to people with most health conditions. You will have the opportunity to work with hospitals and clinics that have an interest in integrating Kundalini Yoga into their health care approach, and you will be able to work in independent practice.

**10) Will I be certified as a yoga therapist?** Yes! Once you have completed all requirements from the International Kundalini Yoga Therapy Professional Training and received your diploma, you are eligible to apply for certification from the International Association of Yoga Therapists.

**11) Is this training accredited?** The International Kundalini Yoga Therapy Professional Training is accredited through the International Association of Yoga Therapists (IAYT) and meets and surpasses the IAYT standards for Yoga Therapy Training. For more information visit [www.iayt.org](http://www.iayt.org) or [www.grdcenter.org](http://www.grdcenter.org)

